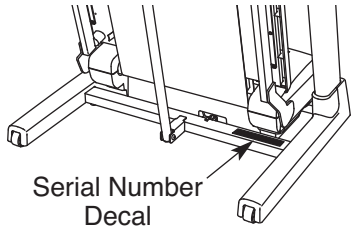
NordicTrack®

VIEWPOINT 3200

www.nordictrack.com

Model No. NTL01308.0
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

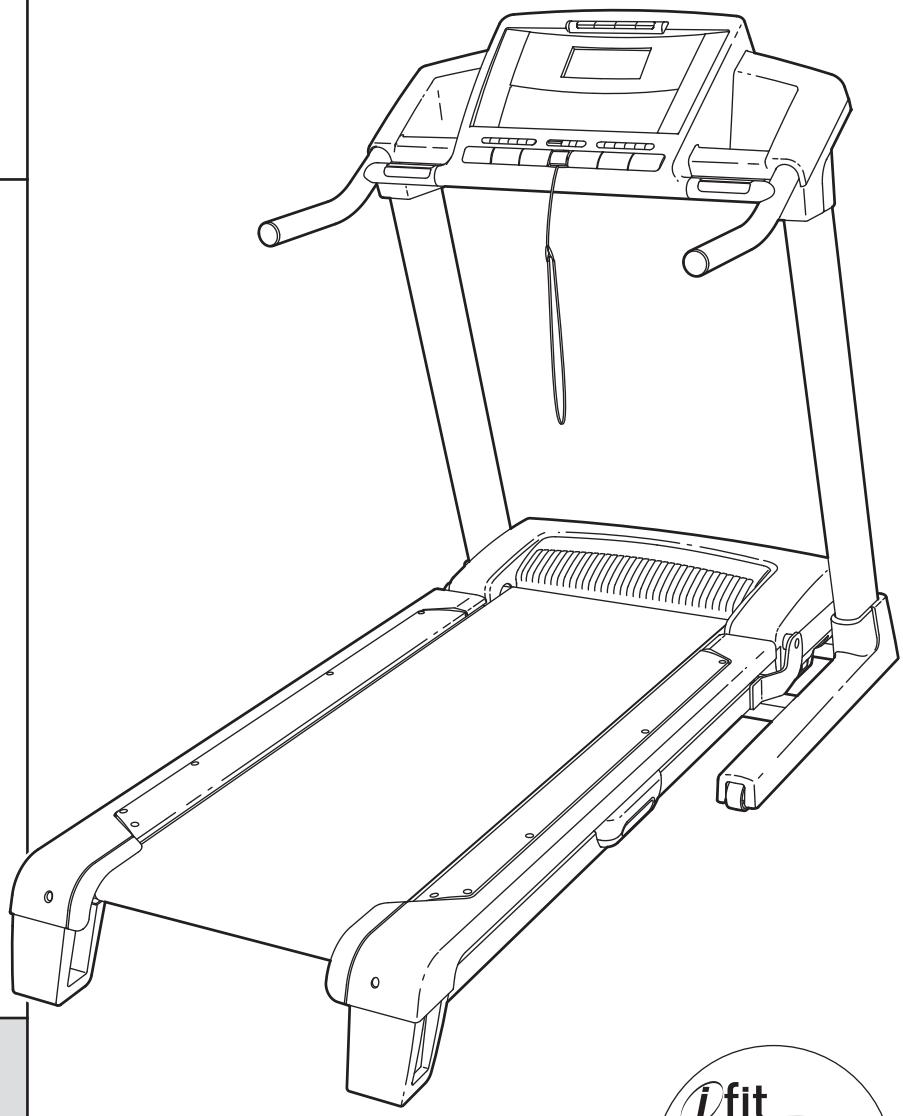
CALL TOLL-FREE:
1-888-825-2588
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.nordictrackservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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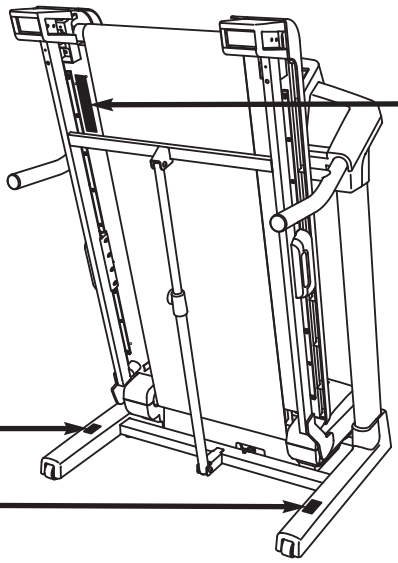
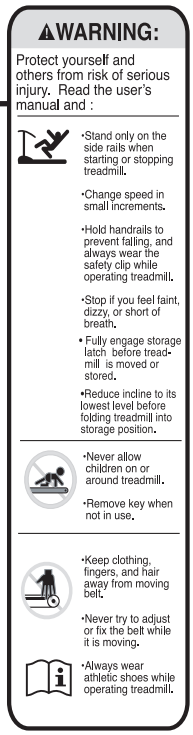
WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.




WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

NordicTrack is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**

2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

3. **Use the treadmill only as described.**

4. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

5. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

7. **Keep children under age 12 and pets away from the treadmill at all times.**

8. **The treadmill should be used only by persons weighing 350 lbs. (159 kg) or less.**

9. **Never allow more than one person on the treadmill at a time.**

10. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***

11. **When connecting the power cord (see page 14), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.**

12. **Use only a single-outlet surge suppressor that meets all of the specifications described on page 14. To purchase a surge suppressor, see your local NordicTrack dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

13. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.**

14. **Keep the power cord and the surge suppressor away from heated surfaces.**

15. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 29 if the treadmill is not working properly.)**

16. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 16).**

17. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

18. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

19. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

20. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the "off" position when the treadmill is not in use. (See the drawing on page 6 for the location of the reset/off circuit breaker.)**

21. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 7, and HOW TO FOLD AND MOVE THE TREADMILL on page 27.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

22. **Do not change the incline of the treadmill by placing objects under the treadmill.**

23. **When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.**

24. **Inspect and properly tighten all parts of the treadmill regularly.**

25. **Never insert or drop any object into any opening on the treadmill.**

26. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

27. **The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.**

28. **To protect the treadmill and television during lightning storms, unplug the power cord from the wall outlet and disconnect the cable system. This will prevent damage due to lightning and power line surges.**

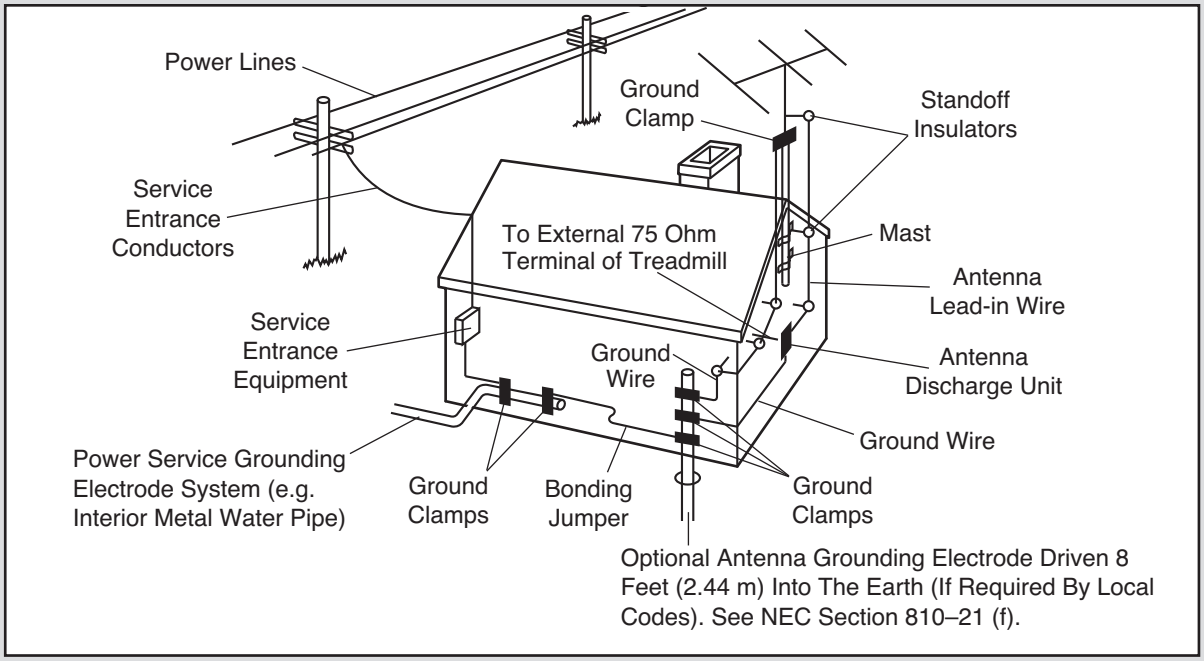
29. **If an outside antenna or cable system is connected, be sure that the antenna or cable system is grounded to provide some protection against voltage surges and built-up static charges. Section 810 of the National Electrical Code, ANSI/NFPA No. 70-1984, provides information with respect to proper grounding of the mast and supporting structure, grounding of the lead-in wire to an antenna discharge unit, size of grounding conductors, location of antenna discharge unit, connection to grounding electrodes, and requirements for the grounding electrode.**

30. **An outside antenna system should not be located in the vicinity of overhead power lines or other electric light or power circuits, or where it can fall into such power lines or circuits. When installing an outside antenna system, extreme care should be taken to keep from touching such power lines or circuits, as contact with them might be fatal.**

31. Upon completion of any service or repairs to the treadmill or the television, ask the service technician to perform safety checks to confirm that the unit is in proper operating condition.

- **Use No. 10 AWG (5.3 mm²) copper, No. 8 AWG (8.4 mm²) aluminum, No. 17 AWG (1.0 mm²) copper-clad steel or bronze wire, or larger as a ground wire.**
- **Secure an antenna lead-in and ground wires to the house with stand-off insulators spaced from 4 to 6 feet (1.22 to 1.83 m) apart.**
- **Mount an antenna discharge unit as close as possible to where the lead-in enters the house.**
- **Use a jumper wire not smaller than No. 6 AWG (13. 3mm²) copper, or the equivalent when a separate antenna-grounding electrode is used. See NEC Section 810-21 (j).**

Note to CATV system installer: This reminder is provided to call the CATV system installer's attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building, as close to the point of cable entry as practical.


Power Lines
Ground Clamp
Standoff Insulators
Service Entrance Conductors
To External 75 Ohm Terminal of Treadmill
Mast
Antenna Lead-in Wire
Service Entrance Equipment
Ground Wire
Antenna Discharge Unit
Ground Wire
Power Service Grounding Electrode System (e.g. Interior Metal Water Pipe)
Ground Clamps
Bonding Jumper
Ground Clamps
Optional Antenna Grounding Electrode Driven 8 Feet (2.44 m) Into The Earth (If Required By Local Codes). See NEC Section 810–21 (f).

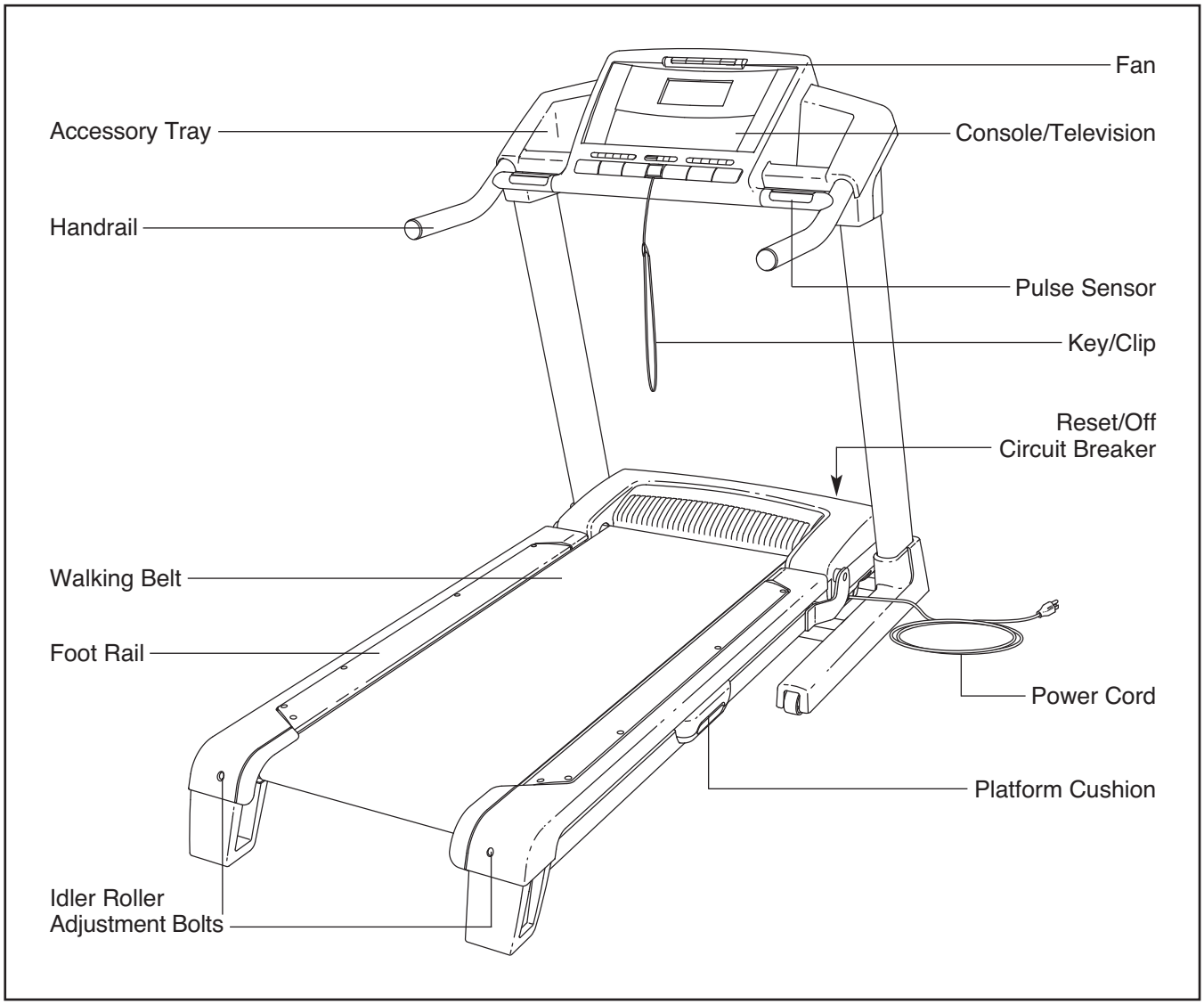
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® VIEWPOINT 3200 treadmill. The VIEWPOINT 3200 treadmill offers a selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

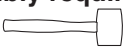
For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

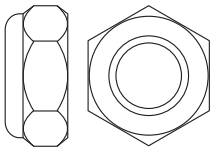


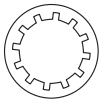
ASSEMBLY

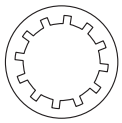
Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

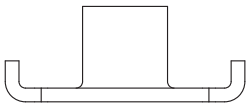
Assembly requires the included hex key **and your own Phillips screwdriver** **, rubber mallet**  **, and adjustable wrench** **.**

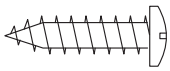
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**

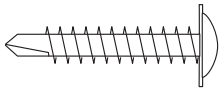

3/8" Nut (20)–2

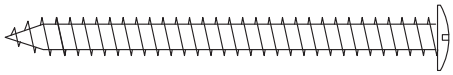

5/16" Star Washer (110)–4

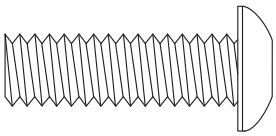

3/8" Star Washer (67)–4

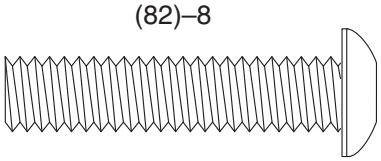

5/16" Base Extension Nut (91)–4

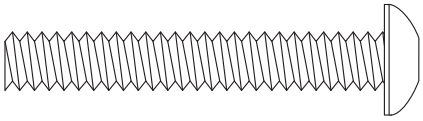

#8 x 3/4" Screw (7)–6


#8 x 1" Tek Screw (82)–8


#8 x 2 1/4" Screw (63)–4


3/8" x 1 1/4" Bolt (72)–4


3/8" x 1 3/4" Bolt (109)–2

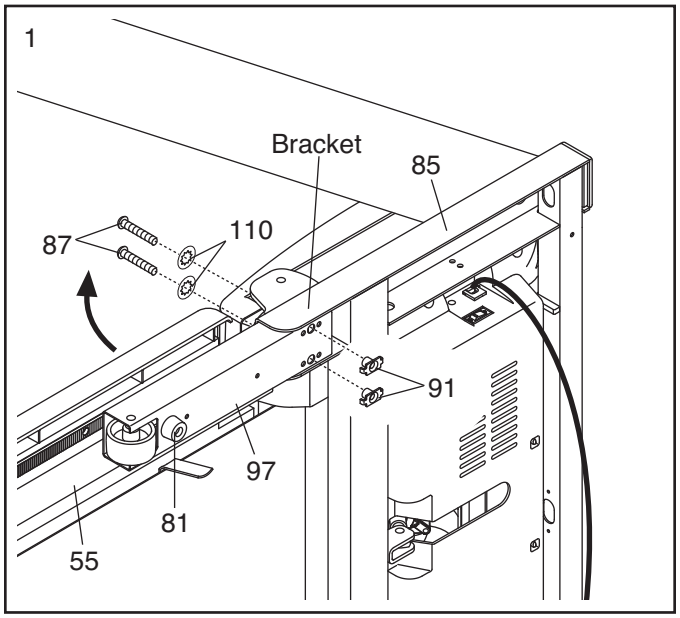

5/16" x 2" Bolt (87)–4

1. **Make sure that the power cord is unplugged.**

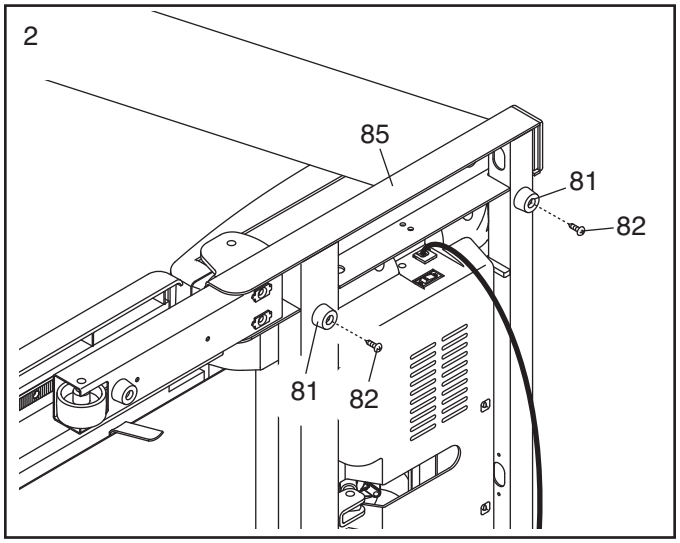
   With the help of a second person, carefully tip the treadmill onto its side as shown. Partially fold the Frame (55) so that the treadmill is more stable. **Do not fully fold the Frame until the treadmill is completely assembled.**

   Insert a Base Extension (97) into the indicated bracket on the base of the Uprights (85). Make sure that the Base Extension is turned so the Base Foot (81) is on the side shown. If necessary, use a rubber mallet to align the holes in the Base Extension with the holes in the bracket.

   Attach the Base Extension (97) with two 5/16" x 2" Bolts (87), two 5/16" Star Washers (110), and two 5/16" Base Extension Nuts (91) as shown. **Firmly tighten the Bolts.**



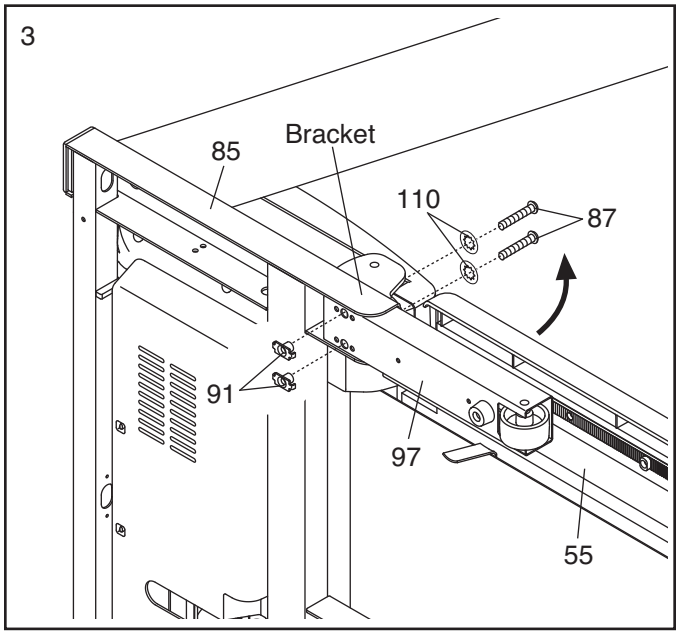
2. Attach two Base Feet (81) to the base of the Uprights (85) in the indicated locations with two #8 x 1" Tek Screws (82). Note: One replacement Base Foot may be included. Use the Base Foot to replace any Base Foot that becomes worn.



3. With the help of a second person, carefully tip the treadmill onto its other side as shown. Partially fold the Frame (55) so that the treadmill is more stable. **Do not fully fold the Frame until the treadmill is completely assembled.**

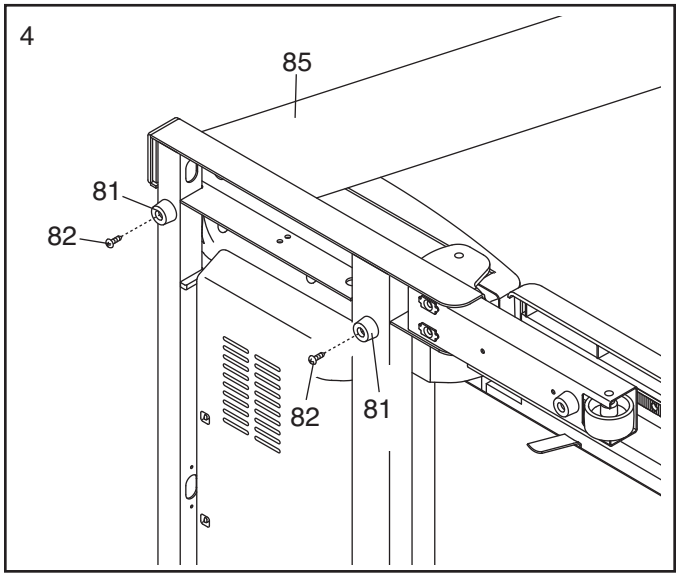
   Insert the other Base Extension (97) into the indicated bracket on the base of the Uprights (85).

   Attach the Base Extension (97) with two 5/16" x 2" Bolts (87), two 5/16" Star Washers (110), and two 5/16" Base Extension Nuts (91) as shown. **Firmly tighten the Bolts.**



4. Attach two Base Feet (81) to the base of the Uprights (85) in the indicated locations with two #8 x 1" Tek Screws (82).

   With the help of a second person, carefully tip the treadmill so that all the Base Feet (81) are resting on the floor and the Uprights (85) are in the vertical position.



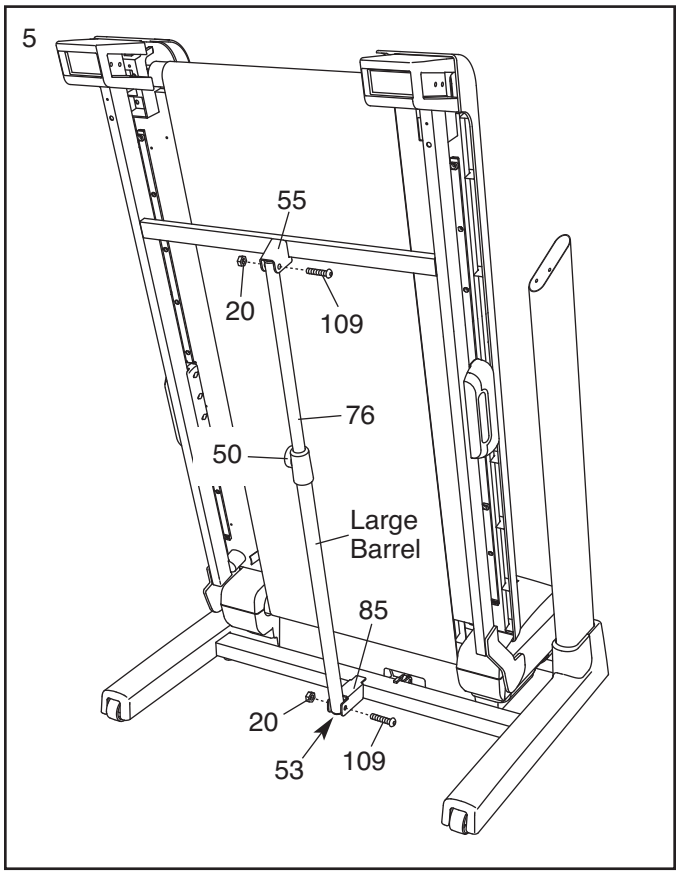
5. Raise the Frame (55) to the position shown. **Have a second person hold the Frame until this step is completed.**

   Orient the Storage Latch (76) so that the large barrel and the Latch Knob (50) are in the positions shown.

   Remove the tie from the upper end of the Storage Latch (76). Attach the upper end of the Storage Latch to the bracket on the Frame (55) with a 3/8" x 1 3/4" Bolt (109) and a 3/8" Nut (20).

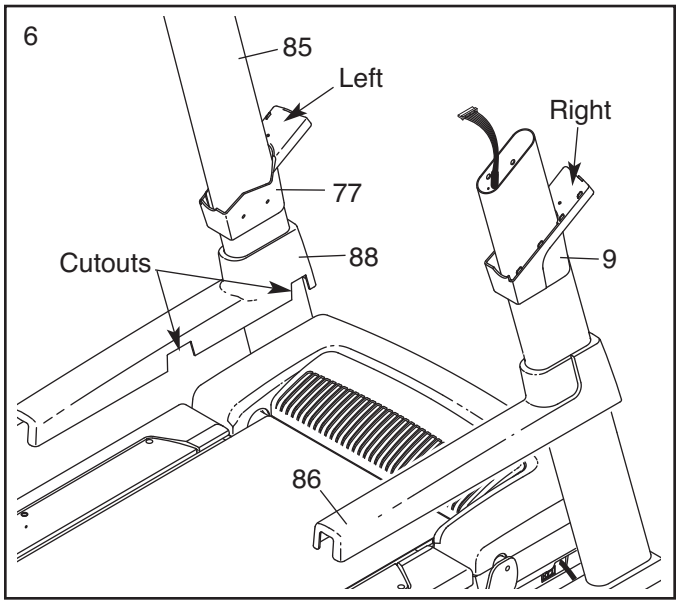
   Remove the tie from the lower end of the Storage Latch (76). Keep the holes in the Latch Cap (53) aligned with the holes in the Storage Latch. **Make sure to keep the Latch Cap inside the Storage Latch.** Attach the Storage Latch to the bracket on the Uprights (85) with a 3/8" x 1 3/4" Bolt (109) and a 3/8" Nut (20). Note: It may be necessary to move the Frame (55) back and forth to align the Storage Latch with the bracket on the Upright.

   Lower the Frame (55) (see HOW TO LOWER THE TREADMILL FOR USE on page 28).



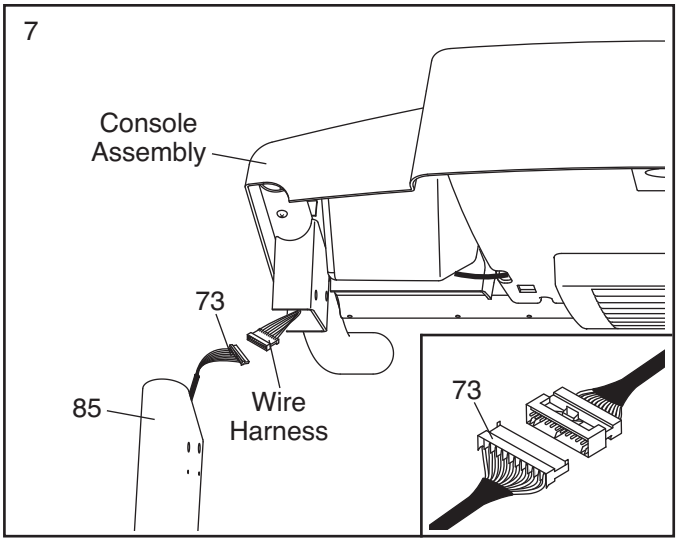
6. Identify the Left Base Cover (88), which has cutouts in the locations shown. Slide the Left Base Cover onto the left Upright (85). Then, slide the Right Base Cover (86) onto the right Upright.

   Identify the Left Upright Sleeve (77) and the Right Upright Sleeve (9). Slide the Upright Sleeves onto the Uprights (85) as shown.



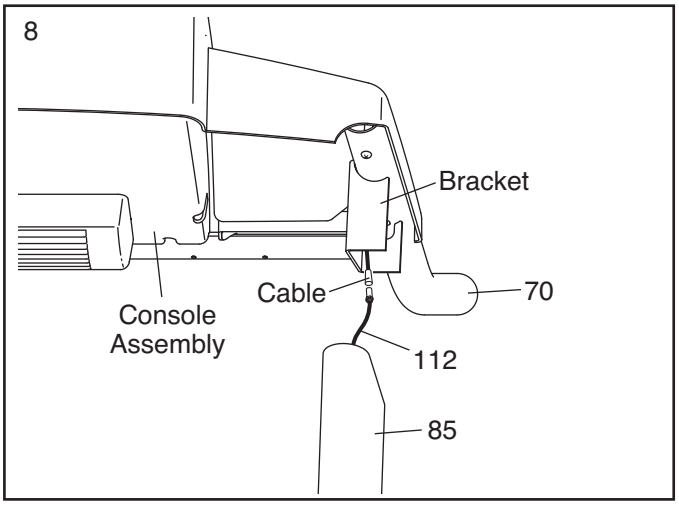
7. Remove the band securing the Upright Wire (73) to the right Upright (85). Have a second person hold the console assembly near the right Upright.

   Connect the Upright Wire (73) to the wire harness on the console assembly. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Then, insert the connectors into the right Upright (85).

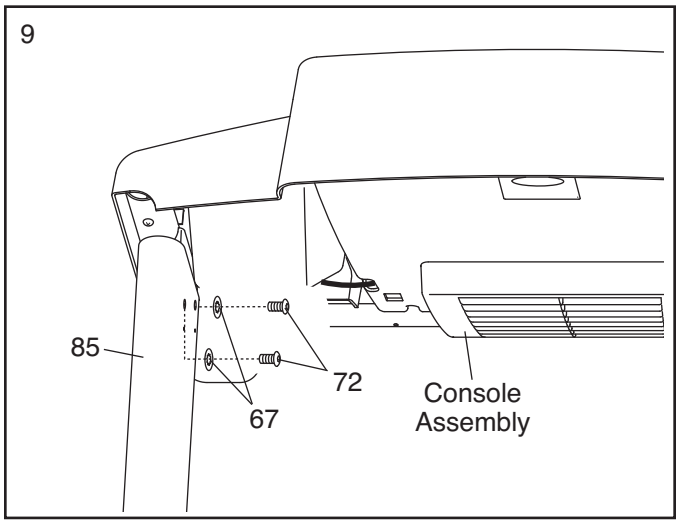


8. Remove the band securing the TV Cable (112) to the left Upright (85). Connect the TV Cable to the cable extending from the console assembly. Then, insert the cables into the left Upright.

   Next, insert the brackets on the Handrails (70) into the Uprights (85). **Make sure that no wires are pinched.**



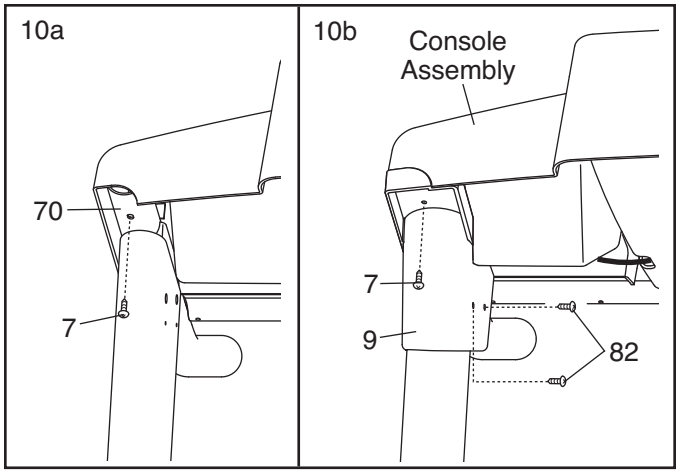
9. Attach the console assembly to the Uprights (85) with four 3/8" x 1 1/4" Bolts (72) and four 3/8" Star Washers (67) (only one side is shown). **Start all four Bolts before tightening any of them.**



10. **See drawing 10a.** Remove the indicated #8 x 3/4" Screw (7) from the right Handrail (70).

    See drawing 10b. Slide the Right Upright Sleeve (9) up to the console assembly. Attach the Right Upright Sleeve with two #8 x 1" Tek Screws (82) and the #8 x 3/4" Screw (7) you just removed.

    Attach the Left Upright Sleeve (not shown) in the same way.

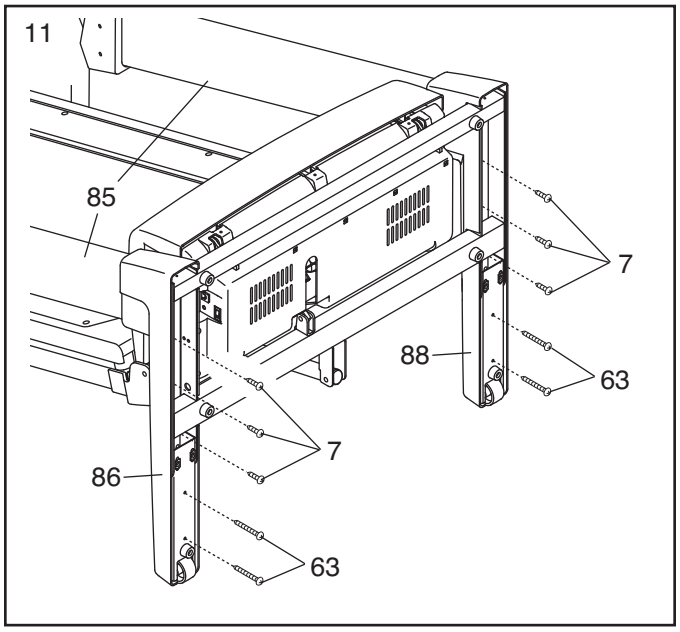


11. With the help of a second person, carefully lower the Uprights (85) to the position shown.

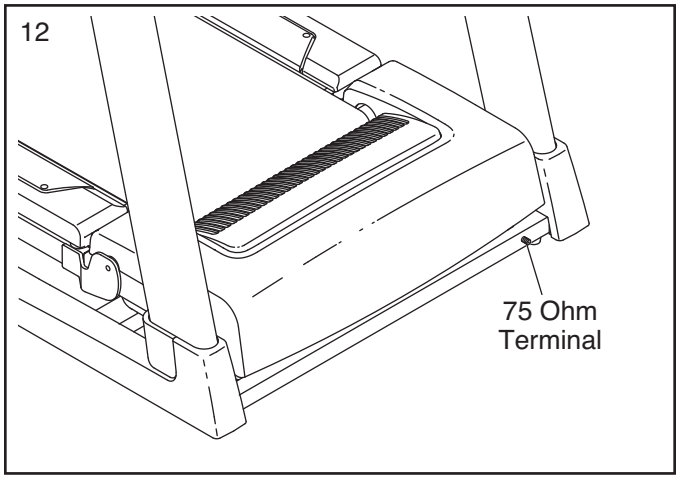
    Attach the Right Base Cover (86) with three #8 x 3/4" Screws (7) and two #8 x 2 1/4" Screws (63). **Start all five Screws before tightening any of them. Be careful not to overtighten the Screws.**

    Attach the Left Base Cover (88) in the same way.

    With the help of a second person, carefully raise the Uprights (85) to the vertical position.



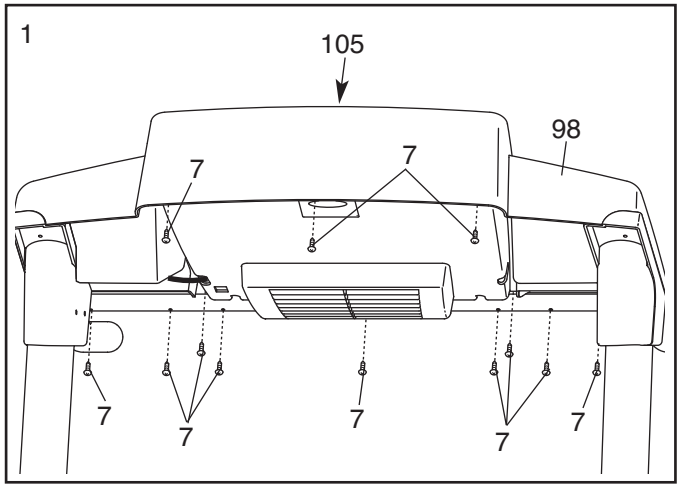
12. Note the location of the 75 ohm terminal on the treadmill. For the television to operate, an RCA component video cable must be connected to the audio/video input jack on the back of the console or a CATV cable or an antenna must be connected to the 75 ohm terminal (see page 13).



13. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex key in a secure place. The hex key is used to adjust the walking belt (see page 30). To protect the floor or carpet from damage, place a mat under the treadmill.

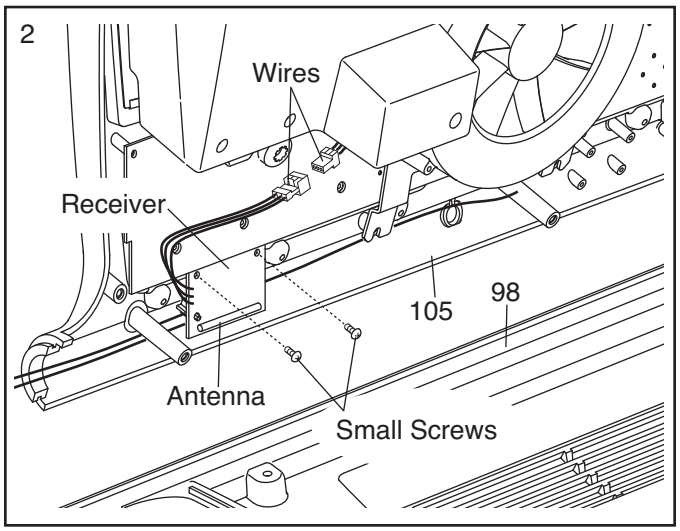
If you purchase the optional chest pulse sensor (see page 26), follow the steps below to install the receiver included with the chest pulse sensor.

1. **Make sure that the power cord is unplugged.** Remove the indicated #8 x 3/4" Screws (7) from the back of the Console Base (98).



2. While a second person holds the Console (105), connect the wire on the receiver to the indicated wire extending from the Console. **Next, hold the receiver so the antenna is oriented as shown and is facing away from the Console.** Attach the receiver to the Console in the location shown with the two included small screws.

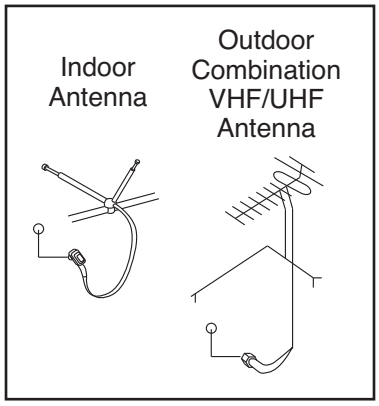
3. **Make sure that no wires are pinched.** See drawing 1. Reattach the Console (105) to the Console Base (98) with the #8 x 3/4" Screws (7). Discard the other wires included with the receiver.



Before operating the television, you must connect an antenna or a 75 ohm CATV cable to the 75 ohm terminal or an RCA component video cable to the audio/video input jacks. Note: Use a CATV cable to connect to an external source such as a cable box, satellite TV box, VCR, or analog cable. No RCA component video cable, CATV cable, antenna, or adapter is included.

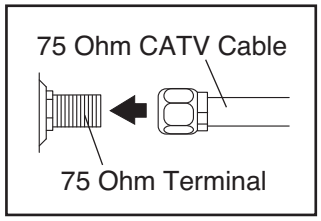
HOW TO CONNECT AN ANTENNA

Place an indoor antenna or an outdoor combination VHF/UHF antenna in the desired location. Outdoor antennas are subject to weathering that can reduce signal quality. Inspect your outdoor antenna and the lead-in wiring before connecting the antenna.



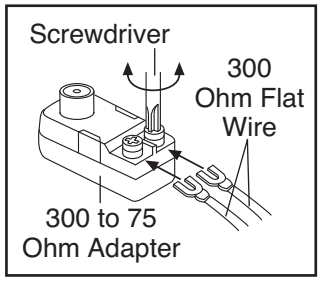
75 Ohm CATV Cable

1. Connect the 75 ohm CATV cable from the antenna to the 75 ohm terminal on the treadmill frame near the power cord.

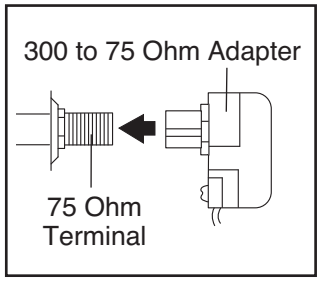


300 Ohm Flat Wire

1. Connect the 300 ohm flat wire from the antenna to a 300 ohm to 75 ohm adapter.



2. Connect the 300 ohm to 75 ohm adapter to the 75 ohm terminal on the treadmill frame near the power cord.



Note: Due to an FCC requirement, analog signals will no longer be broadcast over the air after February 17, 2009. If you wish to view television signals through an antenna after that date, you must have an antenna capable of receiving digital signals or a digital converter box. Cable television will not be affected.

HOW TO CONNECT AN EXTERNAL SOURCE USING A CATV CABLE

1. Connect one end of a 75 ohm CATV cable to the 75 ohm output jack on your external source.

2. Plug in the power cord of your external source. See your external source user's manual for proper grounding instructions.

3. Connect the 75 ohm CATV cable to the 75 ohm terminal on the treadmill frame near the power cord. See the drawing at the left.

HOW TO CONNECT A VCR OR DVD PLAYER USING AN RCA COMPONENT VIDEO CABLE

1. Connect the three-pronged end of an RCA component video cable to your VCR or DVD player.

2. Plug in the power cord of your VCR or DVD player. See your VCR or DVD player user's manual for proper grounding instructions.

3. Connect the RCA component video cable to the audio/video input jack on the back of the console.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

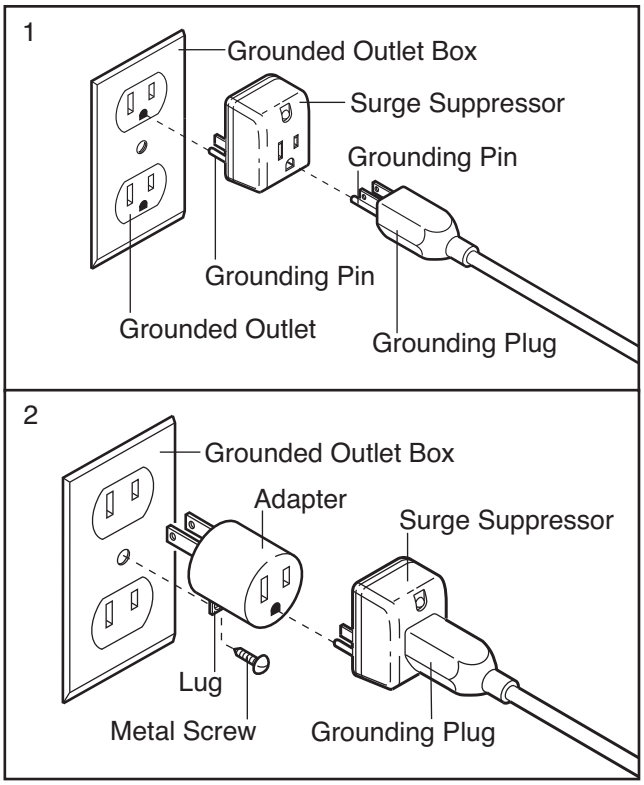
⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local NordicTrack dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

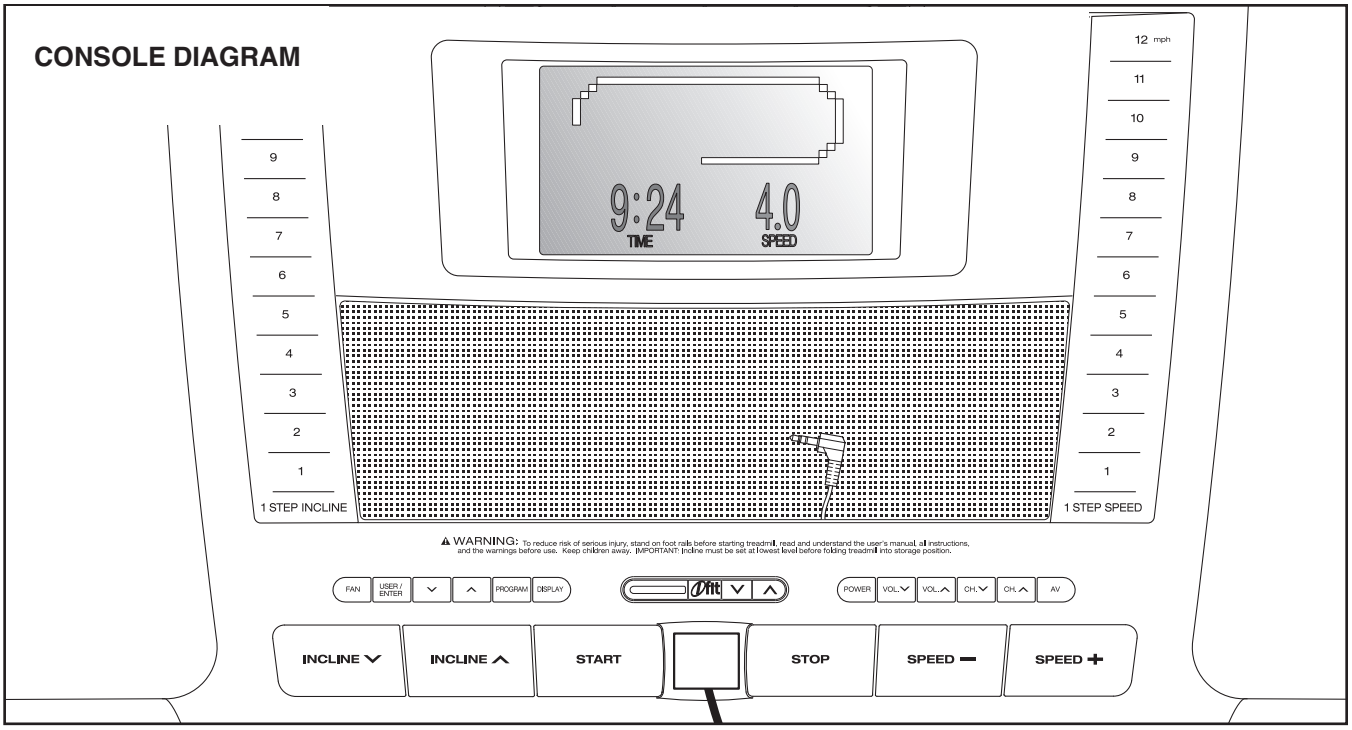
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. You can change the speed and incline of the treadmill with the touch of a button. As you exercise, the screen will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor (see page 26).

In addition, the console features fourteen preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. The console also offers four pulse programs that control the speed and incline of the treadmill to help you keep your heart rate near target heart rate settings. You can even create your own custom programs and save them for future use.

The console also features the new iFit interactive workout system. The iFit system is compatible with iFit interactive workout cards containing workout programs designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the Weight Loss program, or train for a long-distance run with the Marathon program. iFit programs automatically control the treadmill while the voice of a personal trainer coaches and motivates you through every step of your workout. One iFit card is included. Additional iFit cards are available separately. **To purchase iFit cards at any time, go to www.iFit.com or call the telephone number on the front cover of this manual. iFit cards are also available at select stores.**

Whether you select the manual mode or a program, you can enjoy the shows of your choice on the personal television while you get in shape. You can even listen to your favorite workout music or audio books with the console's stereo sound system.

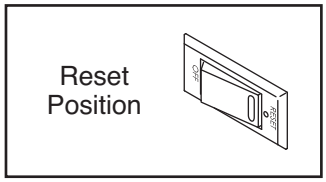
To turn on the power, see page 16. **To use the manual mode,** see page 16. **To use a preset program,** see page 18. **To use a pulse program,** see page 19. **To create and use a custom program,** see pages 21 and 22. **To use an iFit card,** see page 23. **To operate the personal television,** see page 24. **To use the stereo sound system,** see page 24. **To use the information mode,** see page 25.

IMPORTANT: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 30).

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see THE INFORMATION MODE on page 25. For simplicity, all instructions in this manual refer to miles.

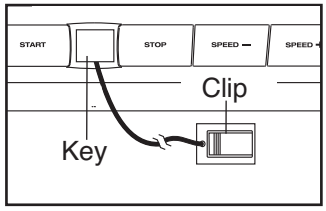
HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.



Plug in the power cord (see page 14). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the “reset” position.

IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the reset/off circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 25 to turn off the demo mode.



Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing at the right), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER above.

2. **Identify yourself as user 1 or user 2.**

   The console can save settings for two different users. To identify yourself as user 1 or user 2, first press the User button; the words USER: 1 or USER: 2 will appear on the screen for a few seconds. Press the increase or decrease button beside the User button to change the user if desired. When you identify yourself as user 1 or user 2, any settings that you have previously set will automatically be selected.

   To change user settings, press the User button again while the words USER: 1 or USER: 2 appear; the words ODOMETER and TOTAL ODOMETER will appear on the screen for a few seconds. The top number is the number of miles or kilometers that the user has walked or run since the number was reset. To reset the number, press the decrease button beside the User button. The bottom number is the total number of miles or kilometers that the user has walked or run. This number cannot be reset.

   Press the User button again; the word WEIGHT and a weight setting will appear on the screen. To enter your weight, press the increase and decrease buttons beside the User button. After a few seconds, the screen will return to the manual mode.

3. **Select the manual mode.**

   Each time the key is inserted, the manual mode will be selected. If you have selected a program, remove the key and then reinsert it.

4. **Start the walking belt and adjust the speed.**

   To start the walking belt, press the Start button, the Speed increase button, or one of the 1 Step Speed buttons. If you press the Start button or the Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph. If you press one of the 1 Step Speed buttons, the walking belt will gradually increase in speed until it reaches the selected speed setting.

   To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed increase button, or one of the 1 Step Speed buttons.

5. **Change the incline of the treadmill as desired.**

   To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the 1 Step Incline buttons. Each time you press the Incline increase or decrease button, the incline will change by 0.5%. If you press one of the 1 Step Incline buttons, the incline will gradually increase until it reaches the selected incline setting.

6. **Select a display mode and follow your progress with the exercise information on the screen.**

   While the television is turned off, you can select either of two display modes; the screen can display the track and some exercise information, or the screen can display all the exercise information. **While the television is turned on,** you can select any of three display modes; exercise information can be displayed at the bottom of the screen or on the right side of the screen, or the information can be turned off while you watch the television. Press the Display button repeatedly to select the desired display mode.

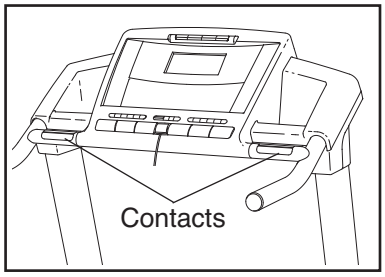
   As you walk or run on the treadmill, the screen can display the following exercise information:

   - The elapsed time. Note: When a program is selected, the screen will show the time remaining in the program instead of the elapsed time.
   - The distance that you have walked or run.
   - The speed of the walking belt.
   - The approximate number of calories you have burned.
   - The incline setting of the treadmill. Note: The incline setting of the treadmill will be displayed only when you press Incline buttons.
   - The approximate number of grams of carbohydrates you have burned.
   - Your heart rate. Note: Your heart rate will be displayed only when you use the handgrip pulse sensor or the optional chest pulse sensor (see step 7).
   - When the manual mode is selected, the screen can show a track that represents 1/4 mile (400 meters). As you walk or run on the treadmill, segments of the track will appear in succession until the entire track appears. The track will then disappear and the segments will again begin to appear in succession.

   To reset the console, press the Stop button, remove the key, and then reinsert the key.

7. **Measure your heart rate if desired.**

   Note: If you use the handgrip pulse sensor and the optional chest pulse sensor at the same time, the display will not show your heart rate accurately. See page 26 for information on the optional chest pulse sensor.

   To use the handgrip pulse sensor, first remove the sheets of clear plastic from the metal contacts on the handgrip pulse sensor. Next, **stand on the foot rails** and hold the metal contacts—**avoid moving your hands**. When your pulse is detected, your heart rate will appear on the screen. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

8. **Turn on the fan if desired.**

   The fan features high, low, and auto speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. When the auto mode is selected, the speed of the fan will automatically increase and decrease as the speed of the walking belt increases and decreases. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes. The auto mode can only be selected while the walking belt is moving.

9. **When you are finished exercising, remove the key from the console.**

   Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

   When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill’s electrical components may wear prematurely.**

HOW TO USE A PRESET PROGRAM

1. **Insert the key into the console.**

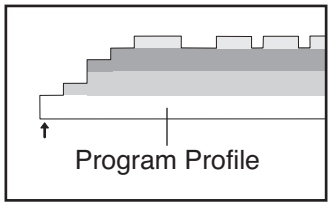
   See HOW TO TURN ON THE POWER on page 16.

2. **Identify yourself as user 1 or user 2.**

   See step 2 on page 16.

3. **Select a preset program.**

   To select one of the fourteen preset programs, press the Program button repeatedly; the name of the program that you have selected (PROGRAM 1 through PROGRAM 14) will appear on the screen.

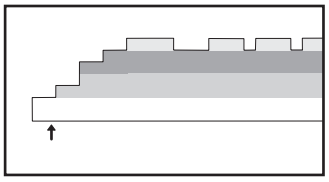
   

   When a preset program is selected, the maximum speed and incline settings of the program, the program duration, and a profile of the speed settings of the program will appear on the screen. The arrow below the profile will show your progress during the workout.

4. **Start the walking belt.**

   Press the Start button to start the program. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

   Each program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

   When the first segment of the workout ends, a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the new speed setting and/or incline setting will appear on the screen to alert you and the arrow below the workout profile will then move one position to the right. The treadmill will automatically adjust to the speed and incline settings programmed for the second segment.

   The workout will continue in this way until the last segment of the profile flashes in the right display and the last segment ends. The walking belt will then slow to a stop.

   If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

   To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

5. **Select a display mode and follow your progress with the exercise information on the screen.**

   See step 6 on page 17.

6. **Measure your heart rate if desired.**

   See step 7 on page 17.

7. **Turn on the fan if desired.**

   See step 8 on page 17.

8. **When you are finished exercising, remove the key from the console.**

   See step 9 on page 17.

HOW TO USE A PULSE PROGRAM

⚠ CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

1. **Put on the optional chest pulse sensor.**

   Note: You must wear the optional chest pulse sensor to use a pulse program. See page 26 for information on the optional chest pulse sensor.

2. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 16.

3. **Identify yourself as user 1 or user 2.**

   See step 2 on page 16.

4. **Select a pulse program.**

   To select one of the four pulse programs, press the Program button repeatedly. When a pulse program is selected, the name of the program (PULSE: 1, PULSE: 2, PULSE: 3, or PULSE: 4) will appear on the screen.

   If pulse program 1 is selected, a track will appear on the screen.

   If pulse program 2, 3, or 4 is selected, a profile of the heart rate settings of the program will appear on the screen. The arrow below the profile will indicate your progress during the workout.

5. **Enter a target heart rate setting.**

   If pulse program 1 is selected, the target heart rate setting for the entire program will appear on the screen beside the words TARGET BPM (beats per minute). If desired, press the increase and decrease buttons beside the User button to change the target heart rate setting **(see EXERCISE INTENSITY on page 32).**

   If pulse program 2, 3, or 4 is selected, the maximum target heart rate setting of the program will appear on the screen. If desired, press the increase and decrease buttons beside the User button to change the maximum target heart rate setting **(see EXERCISE INTENSITY on page 32).** Note: If you change the maximum target heart rate setting, the intensity level of the entire program will change.

6. **Start the walking belt.**

   Press the Start button to start the program. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

   Pulse program 1 is divided into one-minute segments. The same target heart rate setting is programmed for all segments (except for the first two segments). Pulse programs 2, 3, and 4 are divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

During each segment of the program, the console will compare your heart rate to the target heart rate setting for that segment. If your heart rate is too far below or above the target heart rate setting, the speed and/or incline will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. Each time the speed and/or incline of the treadmill is about to change, the speed setting and/or incline setting will flash on the screen to alert you, regardless of which display mode is selected.

If pulse program 2, 3, or 4 is selected, a series of tones will sound when the first segment of the program ends. The arrow below the program profile will then move one position to the right. The program will continue in this way until the arrow reaches the right end of the program profile. The walking belt will then slow to a stop.

If the speed settings and/or incline settings are too high or too low, you can change the intensity level of the program at any time by pressing the increase and decrease buttons beside the User button to change the target heart rate setting or the maximum target heart rate setting.

To stop the program at any time, press the Stop button. To restart the program, press the Start button. The walking belt will begin to move at 1 mph. When the console compares your heart rate to the target heart rate setting for the current segment of the program, the speed and/or incline of the treadmill will automatically change to bring your heart rate closer to the target heart rate setting.

7. **Select a display mode and follow your progress with the exercise information on the screen.**

   See step 6 on page 17.

8. **Turn on the fan if desired.**

   See step 8 on page 17.

9. **When you are finished exercising, remove the key from the console.**

   See step 9 on page 17.

HOW TO CREATE A CUSTOM PROGRAM

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 16.

2. **Identify yourself as user 1 or user 2.**

   See step 2 on page 16.

3. **Select a custom program.**

   To select one of the four custom programs, press the Program button repeatedly. When a custom program is selected, the name of the program (CUSTOM: 1, CUSTOM: 2, CUSTOM: 3, or CUSTOM: 4) will appear on the screen.

   Note: If the custom program has not yet been designed, a program duration of three minutes will appear on the screen. If the program duration is more than three minutes, see HOW TO USE A CUSTOM PROGRAM on page 22.

4. **Start the walking belt and program the desired speed and incline settings.**

   Press the Start button to start the program. A moment after you press the button, the walking belt will begin to move. Hold the handrails and begin walking.

   Each custom program is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment. To program a speed setting and an incline setting for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons.

   When the first segment of the program ends, a series of tones will sound and the current speed and incline settings will be saved in memory. Program a speed setting and an incline setting for the second segment as described above.

   Continue programming speed and incline settings for as many segments as desired; custom programs can have up to forty segments. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you have programmed and the program duration will then be saved in memory.

5. **Select a display mode and follow your progress with the exercise information on the screen.**

   See step 6 on page 17.

6. **Measure your heart rate if desired.**

   See step 7 on page 17.

7. **Turn on the fan if desired.**

   See step 8 on page 17.

8. **When you are finished exercising, remove the key from the console.**

   See step 9 on page 17.

HOW TO USE A CUSTOM PROGRAM

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 16.

2. **Identify yourself as user 1 or user 2.**

   See step 2 on page 16.

3. **Select a custom program.**

   To select one of the four custom programs, press the Program button repeatedly. When a custom program is selected, the name of the program (CUSTOM: 1, CUSTOM: 2, CUSTOM: 3, or CUSTOM: 4) will appear on the screen.

   In addition, the maximum speed and incline settings of the program, the program duration, and a profile of the speed settings of the program will appear. **Note: If the workout time is only three minutes, see HOW TO CREATE A CUSTOM PROGRAM on page 21.**

4. **Start the walking belt.**

   Press the Start button to start the program. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

   Each custom program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

   The custom program will function in the same way as a preset program (see step 4 on page 18).

   If desired, you can redesign the program while using it. **To change the speed setting or the incline setting for the current segment,** simply press the Speed or Incline buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the program,** first wait until the program is completed. Then, press the Start button and program speed and incline settings for as many additional segments as desired. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the program,** press the Stop button twice at any time before the program is completed.

5. **Select a display mode and follow your progress with the exercise information on the screen.**

   See step 6 on page 17.

6. **Measure your heart rate if desired.**

   See step 7 on page 17.

7. **Turn on the fan if desired.**

   See step 8 on page 17.

8. **When you are finished exercising, remove the key from the console.**

   See step 9 on page 17.

HOW TO USE AN IFIT CARD

1. **Insert the key into the console.**

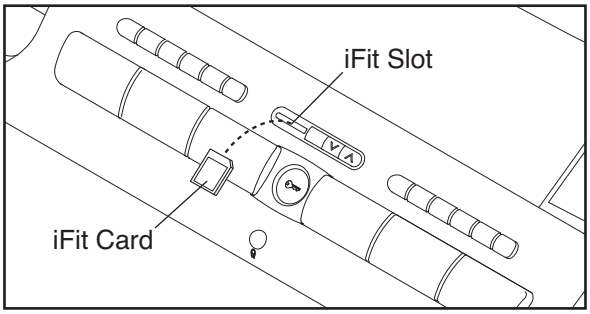
   See HOW TO TURN ON THE POWER on page 16.

2. **Identify yourself as user 1 or user 2.**

   See step 2 on page 16.

3. **Insert an iFit card and select a program.**

   To use an iFit program, insert an iFit card into the iFit slot; **make sure that the iFit card is oriented so that the metal contacts are face down and are inserted into the iFit slot.**



   Next, select an iFit program by pressing the increase and decrease buttons next to the iFit slot. When an iFit program is selected, the display will show the name of the program, the maximum incline and speed settings of the program, and the program duration. In addition, a profile of the speed settings of the program will appear on the screen.

   Each program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

4. **Start the walking belt.**

   Press the Start button to start the program. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

   During the program, the voice of a personal trainer will guide you through the workout. Note: If the AUDIO TRAINER: OFF setting is selected (see step 1 on page 25), the personal trainer's voice will not be heard.

   If the speed settings and/or incline settings are too high or too low, you can override the settings by pressing the Speed or Incline buttons; however, when the next segment of the program begins, **the treadmill will automatically adjust to the speed and incline settings programmed for the next segment.**

   To stop the program at any time, press the Stop button. To restart the program, press the Start button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings programmed for the next segment.

5. **Select a display mode and follow your progress with the exercise information on the screen.**

   See step 6 on page 17.

6. **Measure your heart rate if desired.**

   See step 7 on page 17.

7. **Turn on the fan if desired.**

   See step 8 on page 17.

8. **When you are finished exercising, remove the key from the console.**

   See step 9 on page 17.

   CAUTION: Always remove iFit cards from the iFit slot when you are not using them.

HOW TO OPERATE THE PERSONAL TELEVISION

IMPORTANT: Before operating the television, you must connect an RCA component video cable, an antenna, or a CATV cable to the treadmill (see page 13).

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 16.

2. **Scan for channels.**

   See step 5 on page 26 to scan for channels.

3. **Turn on the television and select a television source.**

   Press the Power button repeatedly until the word TUNER appears on the screen. Next, select a television source by pressing the AV button repeatedly. If you have connected a 75 ohm CATV cable or an antenna to the 75 ohm terminal on the treadmill, press the AV button until the word TUNER appears on the screen. If you have connected an RCA component video cable to the three audio/video RCA jacks, press the AV button until the words INPUT 1 appear. If you have connected a personal audio player to the audio wire below the television on the console, press the AV button until the word MP3 appears.

4. **Select the desired channel.**

   Note: Complete this step only if you are using analog cable. Otherwise, change channels through an external source such as your cable box or your VCR.

   When the television is turned on, the screen will show the last cable channel that was selected. To select a different channel, press the Channel (CH.) buttons. The selected cable channel number will appear on the screen for a few seconds. Note: The television is equipped with a channel memorizing function that allows you to go directly from the current channel to the next channel saved in memory. Before channels can be selected in this way, they must be saved in the television's memory. See step 5 on page 26.

5. **Adjust the volume.**

   When you press either Volume (VOL.) button, the volume level indicator will appear on the screen for a few seconds.

   To use earphones or headphones (not included), plug them into the headphone jack below the key.

6. **Turn off the television.**

   To turn off the television, press the Power button until the word CONSOLE appears.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, or personal audio player to the console. Locate the audio wire below the television on the console, and plug it into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in.** Press the AV button until the word MP3 appears.

Next, press the Play button on your MP3 player, CD player, or other personal audio player. Then, adjust the volume on your personal audio player or by pressing the Volume (VOL.) increase and decrease buttons on the console. To use earphones or headphones, plug them into the headphone jack below the key.

If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface and not on the console.

When you are finished using the stereo sound system, unplug the audio wire. Note: The television audio will not function while the audio wire is plugged in.

THE INFORMATION MODE

The console features an information mode that allows you to view treadmill usage information, select a system of measurement for the console, select an audio setting for the personal trainer, and turn on and turn off the demo mode. The information mode also allows you to adjust the settings of the television and to save channels into the television's memory.

1. **Hold down the Stop button while inserting the key into the console.**

   When the information mode is selected, the lower part of the screen will show the total number of miles or kilometers that the walking belt has moved (DISTANCE) and the total number of hours that the treadmill has been used (TIME).

   In addition, the center of the screen will show the word ENGLISH, for miles, or the word METRIC, for kilometers. Press the Speed increase button to change the unit of measurement if desired.

   The words AUDIO TRAINER: ALL, AUDIO TRAINER: ON, or AUDIO TRAINER: OFF will also appear in the center of the screen. When you use an iFit card, the voice of a personal trainer will guide you through your workout. When the AUDIO TRAINER: ALL setting is selected, the personal trainer will guide you through your workout and instruct you how to purchase more iFit cards. When the AUDIO TRAINER: ON setting is selected, the personal trainer will simply guide you through your workout. When the AUDIO TRAINER: OFF setting is selected, the voice of the personal trainer will not be heard. Press the Incline decrease button repeatedly to select the desired audio setting.

   The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, the words DEMO ON will appear in the center of the display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

2. **Press the Power button and adjust the brightness, contrast, color, sharpness, and/or hue of the television.**

   When you press the Power button, the brightness level indicator will appear on the television screen. Press the Volume (VOL.) buttons to adjust the brightness setting if desired.

   Next, press the Channel (CH.) buttons until the contrast, color, sharpness, or hue level indicator appears. Adjust the settings, if desired, by pressing the Volume buttons.

3. **Press the Power button again and add or remove channels.**

   Note: Complete this step only if you are using analog cable.

   After all valid channels available in your area have been saved into the television's memory (see step 5 on page 26), you can manually add channels or remove unwanted channels.

   To add or remove a channel, first press the Channel buttons until the desired channel number appears on the screen. Then, press the Volume increase button to add the channel, or the Volume decrease button to remove the channel. Continue this process until you have added all desired channels and removed all unwanted channels.

4. **Press the Power button again and select a cable connection if necessary.**

   If you have connected a CATV cable, one of the three Cable settings should be selected; try all three Cable settings, if necessary, to find the optimal setting. Press the Volume increase button to select the STANDARD Cable setting, the Channel decrease button to select the Cable IRC setting, or the Channel increase button to select the Cable HRC setting.

5. **Press the Power button again and save channels into the television's memory.**

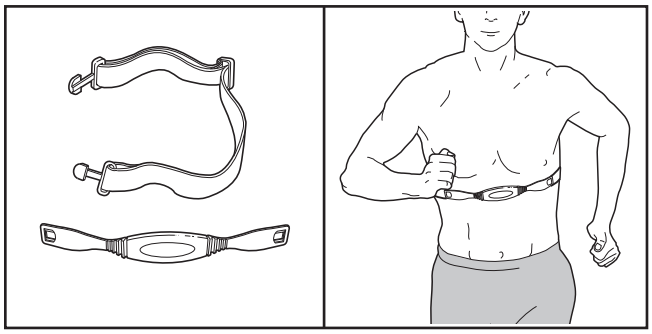
   When you press the Power button, the television will begin scanning all of the channels available in your area. When no cable signal is detected on a channel, the channel will be skipped. When a cable signal is detected, the channel will be saved into memory and the next channel will be selected. This process will continue until the highest channel is reached. **Do not remove the key while the television is scanning channels.** Note: If you are viewing channels through an external source such as a cable box or a VCR, the television will save the channel used by the external source only.

6. **When you are finished using the information mode, remove the key from the console.**

   To exit the information mode at any time (except while the television is scanning channels), remove the key from the console.

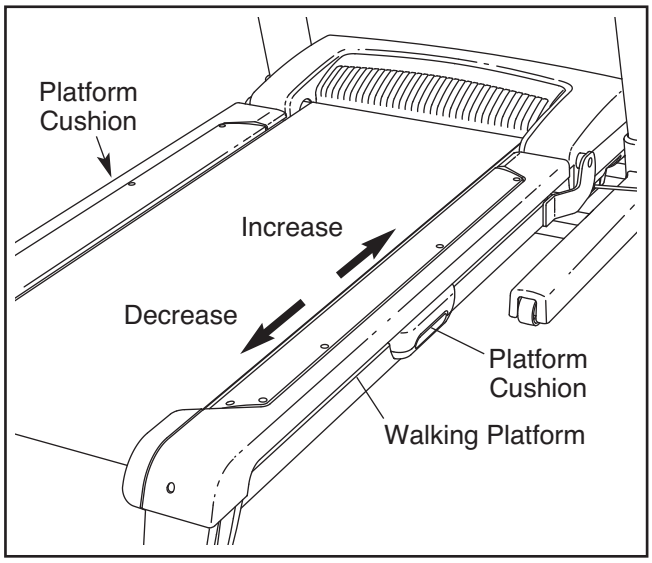
THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor offers hands-free operation as it monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call the telephone number on the front cover of this manual.**



HOW TO ADJUST THE CUSHIONING SYSTEM

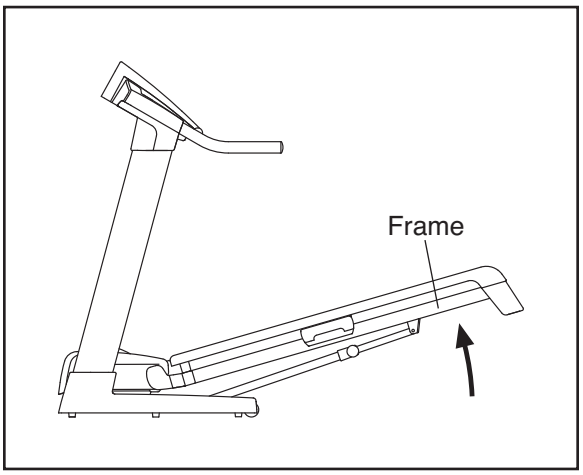
Remove the key from the console and unplug the power cord. The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, step off the treadmill and slide the platform cushions toward the front of the treadmill. To decrease the firmness, slide the platform cushions toward the back of the treadmill. **Note: Make sure that both cushions are set at the same firmness level. The faster you run on the treadmill, or the more you weigh, the firmer the walking platform should be.**



HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

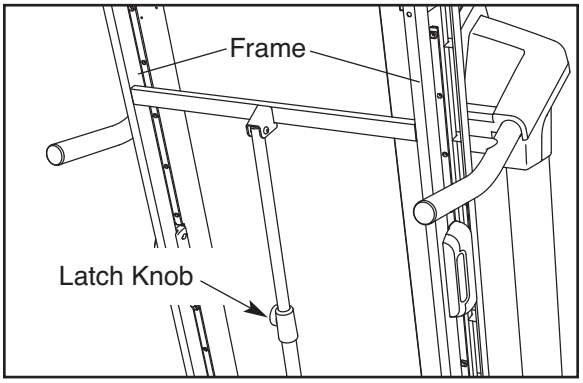
Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.



1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the treadmill by the plastic foot rails. To raise the frame, bend your legs, keep your back straight, and lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.

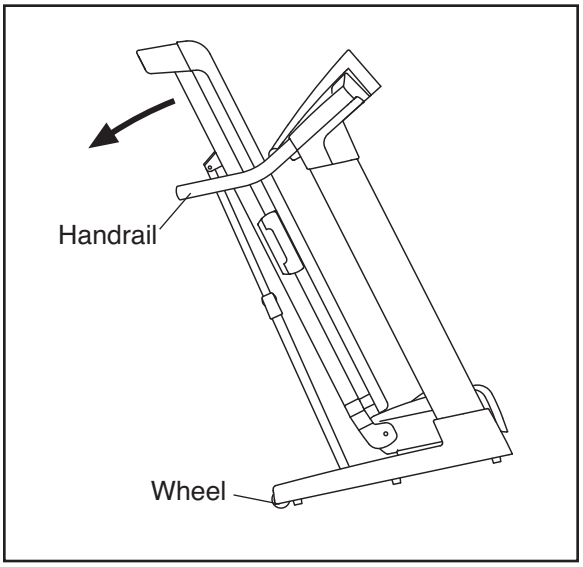
2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert it to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**



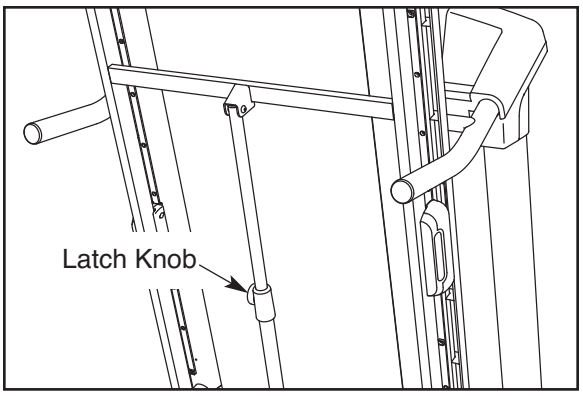
1. Hold the handrails and place one foot against one of the wheels.

2. Tip the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

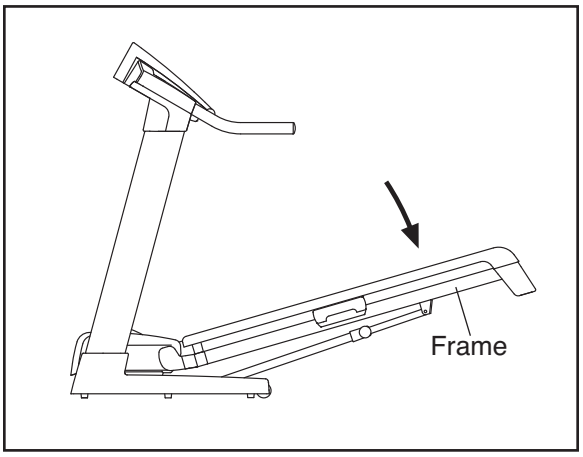
3. Place one foot against a wheel, and carefully lower the treadmill until it is resting in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. Note: To release the latch knob, it may be necessary to push the frame forward as you pull the latch knob to the left. Pivot the frame downward and release the latch knob.



2. **Hold the metal frame firmly with both hands,** and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**



TROUBLESHOOTING

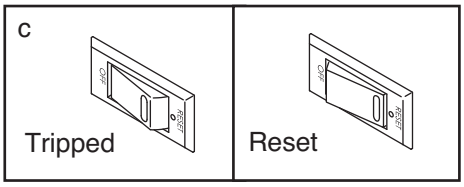
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 14). Use only a single-outlet surge suppressor that meets all of the specifications described on page 14. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch to the reset position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch to the reset position.

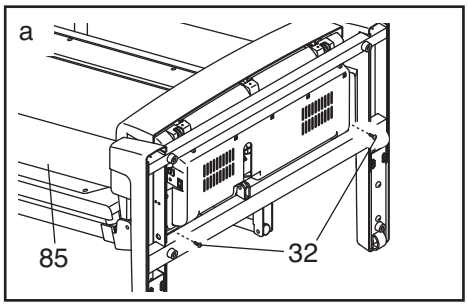
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

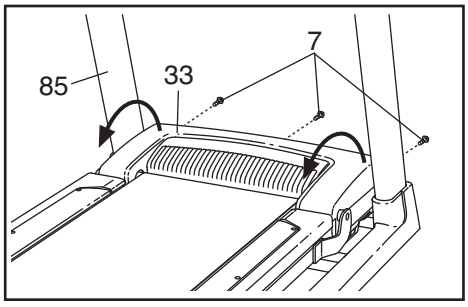
d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

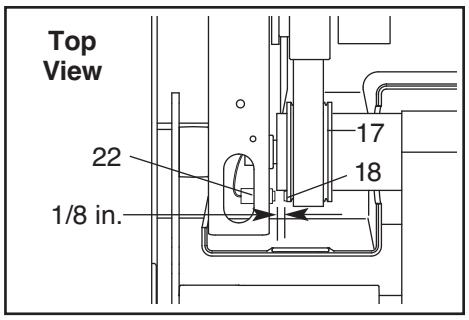
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Next, carefully lower the Uprights (85). Remove the two indicated #8 x 3/4" Tek Screws (32). Note: A Phillips screwdriver with a shaft at least 8 in. (20 cm) long is needed.



Raise the Uprights (85) to the vertical position. Remove the three #8 x 3/4" Screws (7) from the Motor Hood (33), and carefully pivot the Motor Hood off.



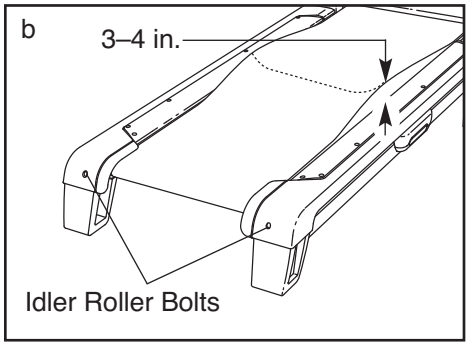
Locate the Reed Switch (22) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, move the Reed Switch slightly using a slotted screwdriver. Reattach the Motor Hood (not shown) with the #8 x 3/4" Screws (not shown) and the #8 x 3/4" Tek Screws (not shown). Run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 14.

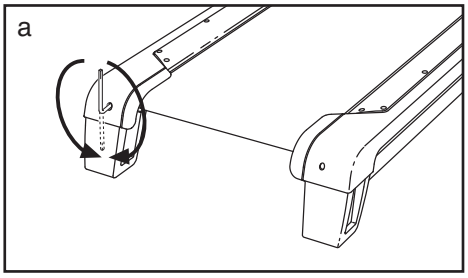
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



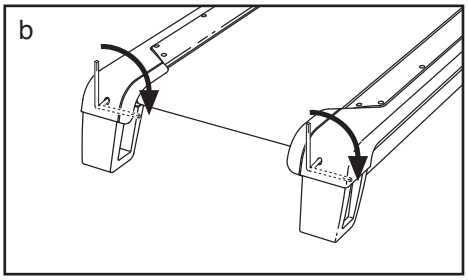
c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left idler roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: Television reception is poor

SOLUTION: a. Make sure that the television settings are set correctly. See step 4 on page 25.

b. For the digital television to operate properly, good reception is necessary. If you are using an antenna, make sure that it is properly connected and adjusted for optimal reception. (See HOW TO CONNECT AN ANTENNA on page 13.)

c. Check for the problems listed below and follow the applicable instructions.

- Ignition (black spots or horizontal streaks that appear or a picture that flutters or drifts)—Usually this is caused by interference from automobile ignition systems, neon lamps, electric drifts, or other electric appliances. Try changing the position of the treadmill or other electric appliances to correct the problem.

- Ghosts—Ghosts are caused by the television signal following two paths—one is the direct path and the other is reflected from tall buildings, hills, or other objects. Change the direction or position of the antenna to improve reception.

- Blue Screen—If the treadmill is located in the fringe area of a television station where the signal is weak, the picture may be of poor quality or a blue screen may appear. If the signal is weak, it may be necessary to install an external antenna to improve the picture.

- Fading—If blocks of the picture are missing, the picture moves around the screen, or the picture disappears, the signal may be weak. Change the direction or position of the antenna to improve reception. Make sure the television settings are set correctly (see step 4 on page 25). Do not use a splitter.

Note: If one of these problems appears when the cable from a CATV company is connected, the problem may be caused by the cable company broadcast.

PROBLEM: While using an iFit card, you cannot hear the voice of the personal trainer

SOLUTION: a. If you cannot hear the personal trainer's voice while using a program on an iFit card, the AUDIO TRAINER: OFF setting is selected. See step 1 on page 25 and select the AUDIO TRAINER: ALL or AUDIO TRAINER: ON setting.

PROBLEM: The console displays remain lit when you remove the key from the console

SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off THE INFORMATION MODE on page 25 to turn off the demo mode.

EXERCISE GUIDELINES

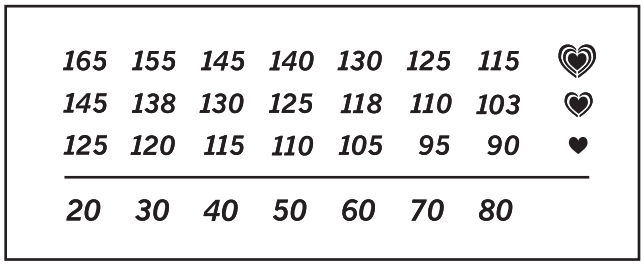
⚠ WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.



To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

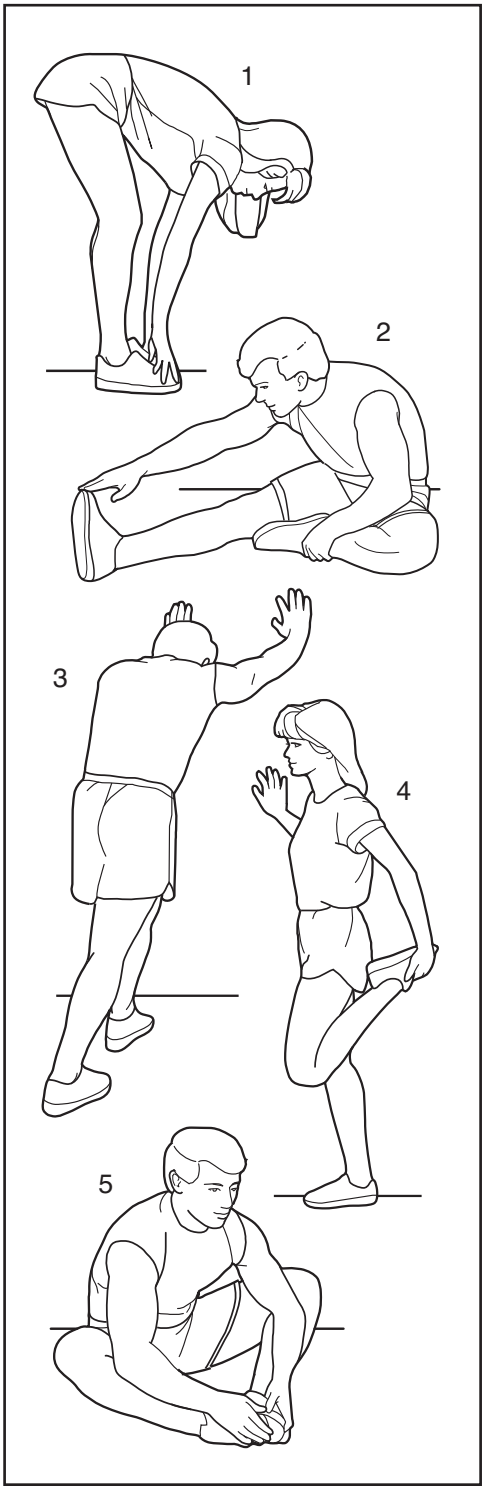
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. NTL01308.0

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To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

Key No.	Qty.	Description
1	1	Left Foot Rail
2	10	#12 x 1 1/4" Screw
3	2	Platform Cushion
4	2	Cushion Track Guide
5	2	5/16" x 4 1/2" Bolt
6	1	Latch Warning Decal
7	30	#8 x 3/4" Screw
8	14	#8 x 3/4" Flat Head Screw
9	1	Right Upright Sleeve
10	2	Isolator
11	2	1/4" x 1 1/4" Bolt
12	2	Belt Guide
13	9	Belt Guide Screw/Hood Screw
14	2	Frame Pivot Bolt
15	1	Walking Platform
16	1	Walking Belt
17	1	Drive Roller/Pulley
18	1	Magnet
19	2	Frame Spacer
20	7	3/8" Nut
21	1	Reed Switch Clamp
22	1	Reed Switch
23	8	#8 x 1/2" Ground Screw
24	4	Cable Tie
25	1	Drive Motor
26	1	Drive Motor Belt
27	4	1/4" x 1 3/4" Bolt
28	1	Right Rear Foot
29	1	Left Rear Foot
30	2	7/16" Nut
31	2	Motor Bolt
32	6	#8 x 3/4" Tek Screw
33	1	Motor Hood
34	3	Hood Clip
35	1	Grommet
36	1	Upper Clevis Pin
37	2	Cotter Pin
38	1	1/4" x 2" Bolt
39	4	1/4" Flange Nut
40	1	Incline Motor
41	1	Lower Clevis Pin
42	4	#8 x 3/4" Screw
43	1	Controller
44	1	Reset/Off Circuit Breaker
45	1	Belly Pan
46	1	15 1/2" Wire Tie
47	1	Power Cord
48	1	Incline Wire Harness
49	1	Hex Key
50	1	Latch Knob
51	4	Releasable Tie
52	5	Plastic Tie
53	1	Latch Cap
54	1	Right Foot Rail
55	1	Frame
56	1	Front Roller Ground Wire
57	2	5/16" Flange Nut
58	1	3/8" Flat Washer
59	1	Idler Pulley
60	2	1/4" Lock Washer
61	2	Idler Roller Bracket
62	2	1/4" x 2 1/2" Bolt
63	4	#8 x 2 1/4" Screw
64	1	Idler Roller
65	4	Wheel Spacer
66	1	5/8" x 1 1/2" Bolt
67	4	3/8" Star Washer
68	1	3/8" x 1" Bolt
69	1	Idler Arm Spacer
70	1	Handrail
71	1	Transformer
72	4	3/8" x 1 1/4" Bolt
73	1	Upright Wire
74	1	Idler Arm
75	1	Idler Arm Spring
76	1	Storage Latch
77	1	Left Upright Sleeve
78	2	Handrail Cap
79	2	Base Foot Spacer
80	2	Lift Frame Pivot Bolt
81	6	Base Foot
82	10	#8 x 1" Tek Screw
83	1	Incline Stop Bracket
84	2	Caution Decal
85	1	Upright
86	1	Right Base Cover
87	4	5/16" x 2" Bolt
88	1	Left Base Cover
89	2	Front Wheel
90	4	#8 x 1" Flat Head Screw
91	4	5/16" Base Extension Nut
92	2	3/8" x 2 3/4" Bolt
93	1	iFit Card Kit
94	1	Lift Frame
95	1	Access Door
96	1	Lift Frame Ground Wire
97	2	Base Extension
98	1	Console Base
99	1	Filter Wire
100	1	Fan Assembly

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	TV Cable Washer	112	1	TV Cable
102	2	1/4" Flat Washer	113	2	3/8" Cable Nut
103	1	Key/Clip	114	1	A/V Wire
104	4	#8 x 1/2" Screw	115	1	Hood Accent
105	1	Console	116	2	#3 x 1/4" Screw
106	1	5/16" Locknut	117	1	Controller Ground Wire
107	1	5/16" Flat Washer	118	1	Cable Tie
108	2	Static Decal	119	1	23" Wire Tie
109	2	3/8" x 1 3/4" Bolt	*	–	8" White Wire, M/F
110	4	5/16" Star Washer	*	–	8" Blue Wire, M/F
111	4	Cushion Stop	*	–	User's Manual

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING A—Model No. NTL01308.0

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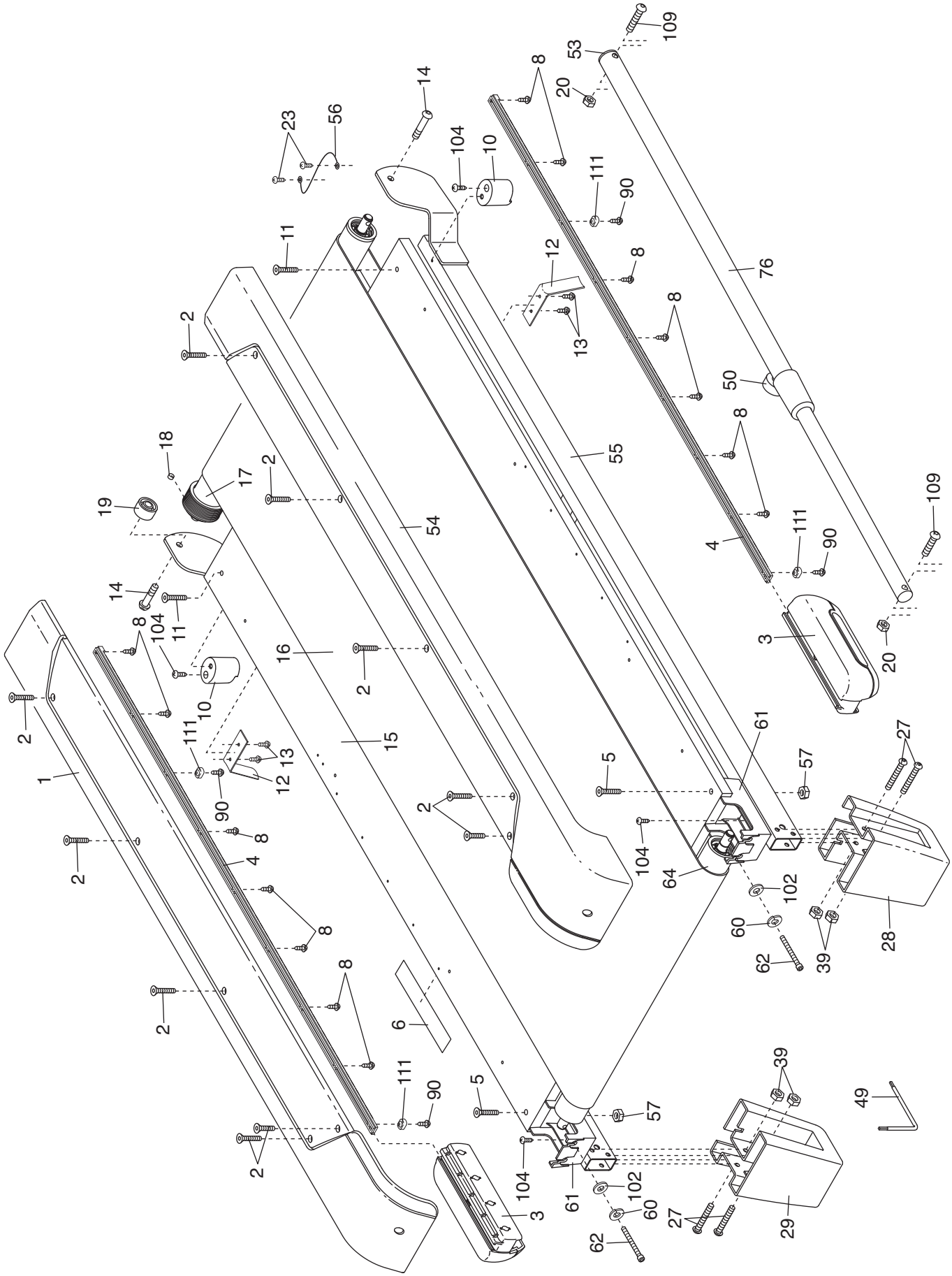

EXPLODED DRAWING B—Model No. NTL01308.0

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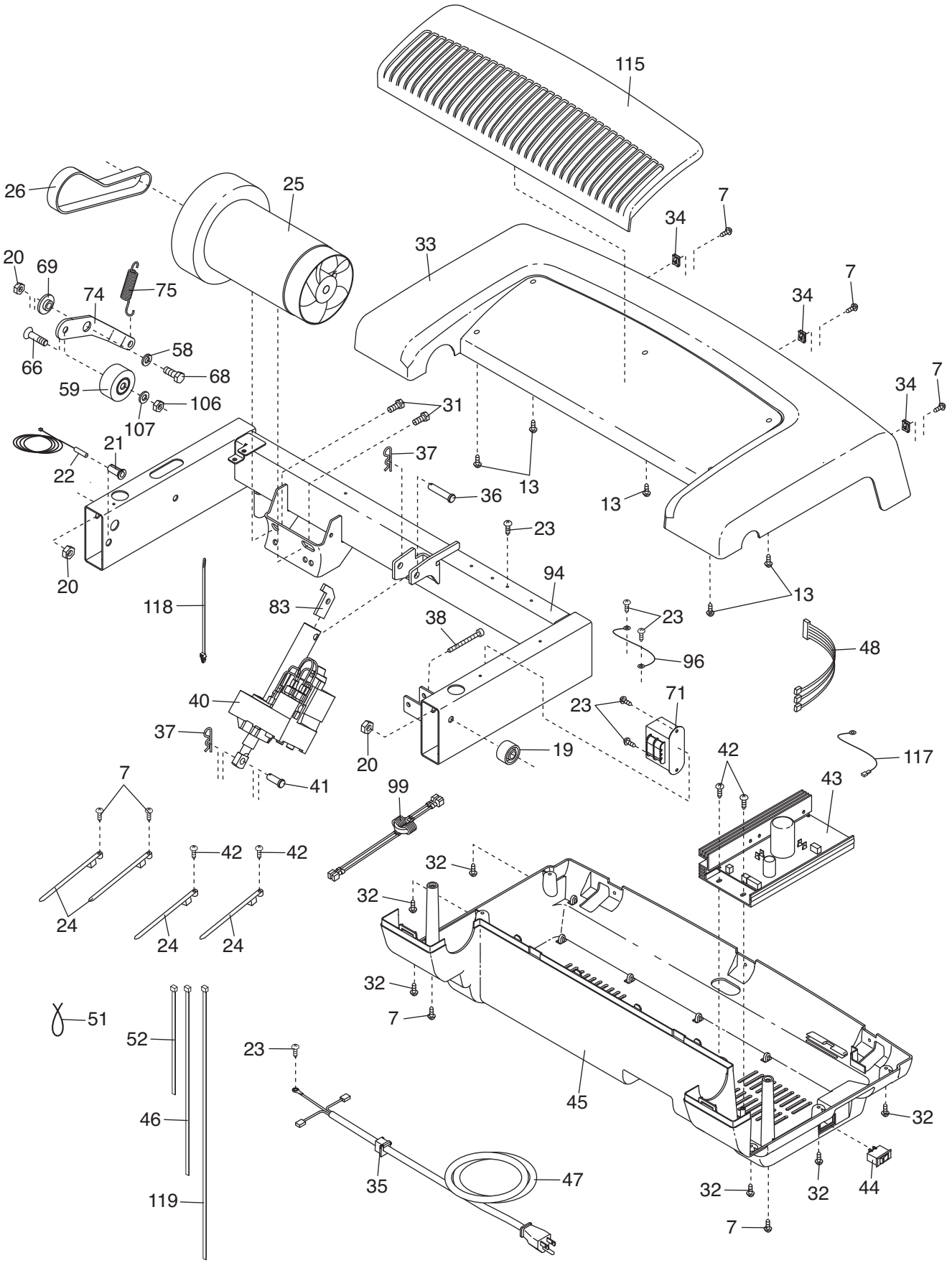

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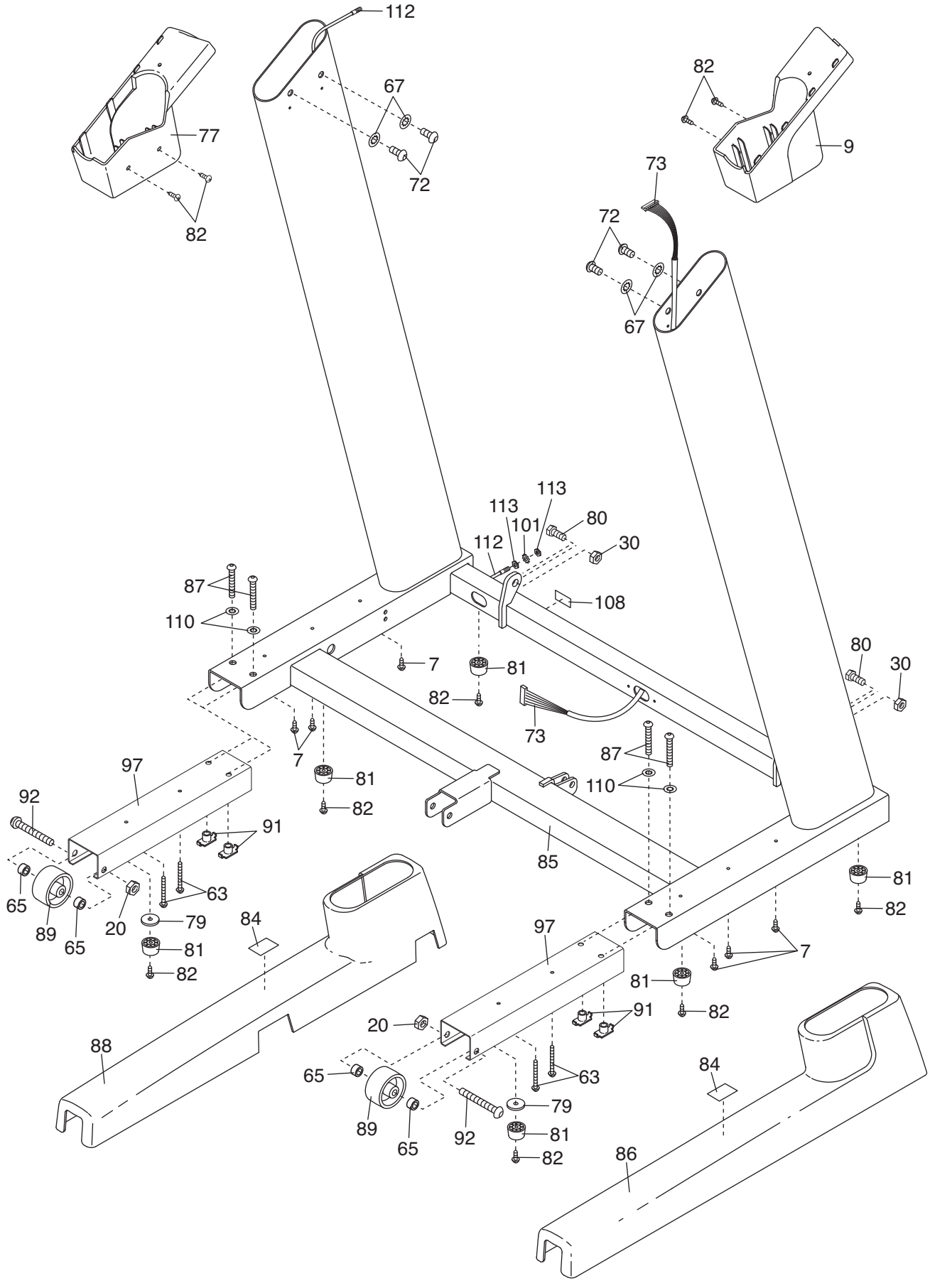

EXPLODED DRAWING D—Model No. NTL01308.0

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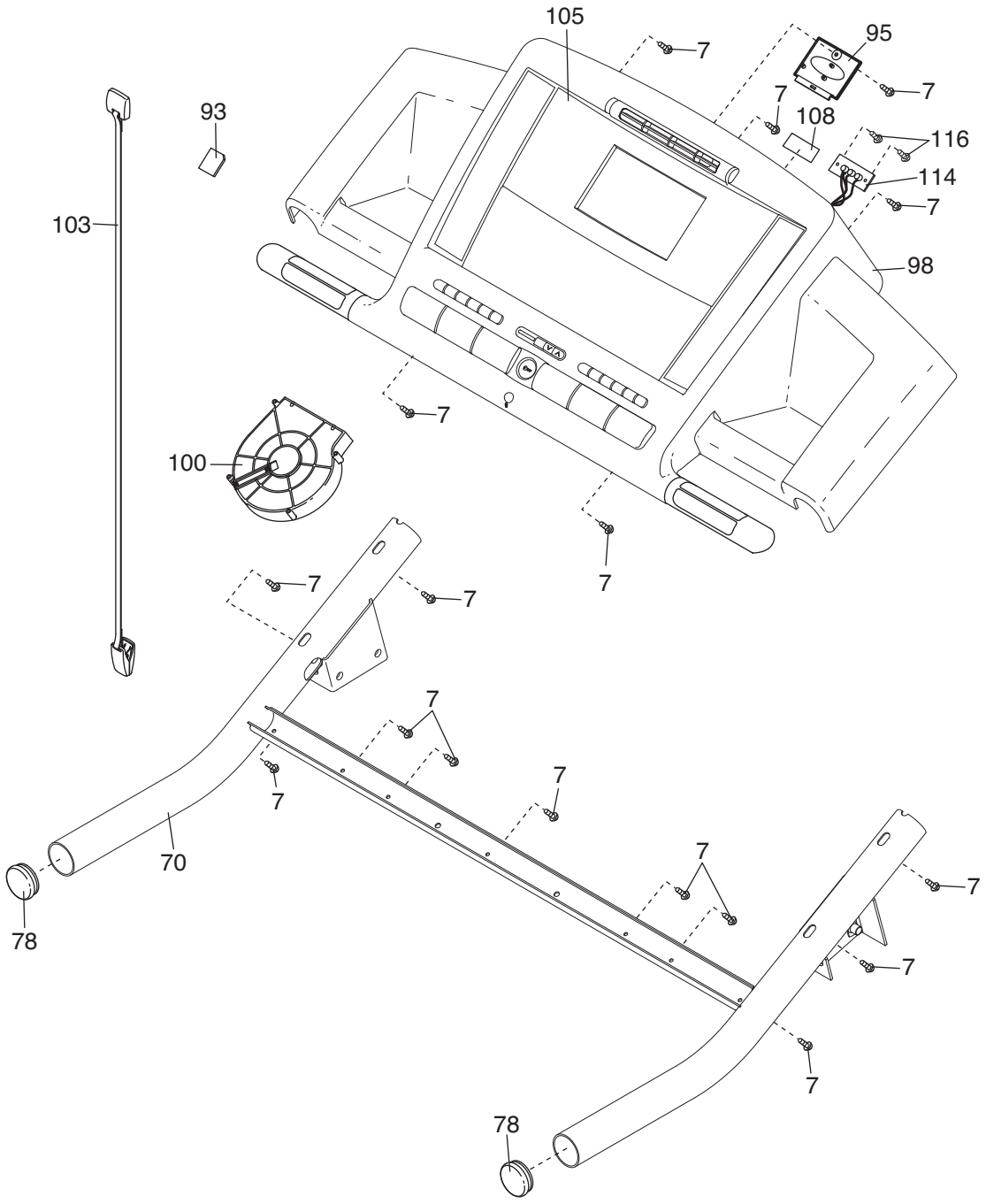

ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The drive motor is warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 275269 R0209A

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